ABSTRACT OF THE DISCLOSURE

Disclosed is a pneumatically controlled vibration damper that includes: an elastic connector disposed between and secured to a mounting member and a mass member for elastically connecting the mass member to the mounting member, and partially defining a working air chamber closed from an external area; an air passage connected to the working air chamber for regulating an air pressure in the working air chamber from the external area; and a static pressure-regulating system operable for substantially statically regulating the air pressure in the working air chamber via the air passage, so as to induce a substantially static elastic deformation of the elastic connector for changing a spring characteristic of the elastic connector.